Let WIC Work Wonders for Your Family

WOMEN

Women in the WIC Program eat better, have healthier babies, and receive early prenatal care.

INFANTS

Infants born to WIC mothers weigh more and grow and develop better.

CHILDREN

Children on WIC eat foods with more iron and vitamin C, visit their doctors regularly, and receive immunizations.



EFFECTIVE JULY 1, 2014



WHAT IS WIC?

The Wyoming Women, Infants, and Children Program

provides food and nutrition information to help pregnant women, breastfeeding women, infants, and children under the age of five stay healthy and strong.

WHO IS ELIGIBLE FOR WIC?

- Wyoming residents.
- Pregnant,
 postpartum,
 or
 breastfeeding women, infants,
 or children under 5 years of age.
- Persons with a nutritional need.
- The household income is less than or equal to the income guidelines below.
- You are automatically income eligible for WLC if you currently receive POWER, SNAP, or Medicaid.
- Fathers, guardians, or foster parents may apply for WIC for their children.

HOW WIC WORKS

The WIC Staff is a caring team of experts who provide:

- Counseling on how to use WICapproved foods to improve health.
- A WYO W.E.S.T. card to buy foods that help keep you healthy and strong.
- ♦ Immunization screening and referrals.
- Discussions on food shopping recipes, taking care of babies, and how to breastfeed.
- Information on good eating during pregnancy and breastfeeding and how to feed your child.
- Referrals to doctors, Public Health Nursing, dentists, and programs like SNAP (Food Stamps), POWER, Medicaid, Kid Care CHIP, Best Beginnings, Children's Special Health Services, Head Start, Cent\$ible Nutrition Program, day care, and fuel assistance.

WIC Total Income Guidelines Effective July 1, 2014

In Household	Yearly	Monthly	Weekly
1 person	\$21,590	\$1,800	\$ 416
2	29,101	2,426	560
3	36,612	3,051	705
4	44,123	3,677	849
5	51,634	4,303	993
6	59,145	4,929	1,138
7	66,656	5,555	1,282
8	74,167	6,181	1,427

HOW TO APPLY FOR WIC

To set up an appointment, call the WIC Program nearest you (see back of brochure) or call 1-800-994-4769 for assistance. Local WIC Program staff will tell you what to bring to your appointment.

At your appointment, a WIC nutritionist or nurse will check your diet and review your health history.

If you are eligible, you will receive information and counseling, referrals to other services, and a WYO W.E.S.T. card to buy foods such as:

- ◆ Fresh Vegetables, Fresh Fruits, and Juice
- ◆ Cereal, Whole Grain Bread, Brown Rice, Oatmeal, and Corn and Whole Wheat Tortillas
- ◆ Peanut Butter, Dried Beans/Peas, and Canned Beans including Refried Beans
- ◆ Canned Tuna, Canned Salmon, and Eggs
- ◆ Infant Foods: Formula, Vegetables, Fruits, Meats, and Cereals
- ♦ Milk, Soy Beverage, and Cheese



To view the WIC Food List:

◆ Log on to the following website: http://www.health.wyo.gov/familyhealth/wic/F oodList.html

or

♦ Scan the bar code below with your smartphone



To find out about WIC, call the local WIC Program nearest you or call: 1-800-994-4769

Albany County WICLaramie	(307) 721-2535
Campbell County WICGillette	(307) 686-8560
Carbon County WICRawlins	(307) 328-2606
Saratoga	(307) 326-5371
Hanna	(307) 325-9054
Converse County WICDouglas	(307) 358-4003
Glenrock	(307) 436-9068
Fremont County WICLander	(307) 332-1034
Riverton	(307) 857-3199
Goshen County WICTorrington	(307) 532-5881
Lusk	(307) 334-2609
Laramie County WICCheyenne	(307) 634-6180
Natrona County WICCasper	(307) 265-6408
North Lincoln County WICAfton	(307) 885-9071
Park/Big Horn County WICPowell	(307) 754-8880
Cody	(307) 527-8580
Lovell	(307) 548-6591
Platte County WICWheatland	(307) 322-3732
Sheridan County WICSheridan	(307) 672-5174
Buffalo	(307) 217-0750
Sweetwater County WIC Rock Springs	(307) 352-6783
Teton County WICJackson	(307) 734-1060
Pinedale	(307) 734-1060
Marbleton	(307) 734-1060
Uinta County WICEvanston	(307) 789-8943
Lyman	(307) 787-3435
Kemmerer	(307) 877-1195
F.E. Warren Air Force Base WIC	(307) 773-3963
Washakie County WICWorland	(307) 347-9249
Thermopolis	(307) 864-3311
Greybull	(307) 765-2371
Weston County WICNewcastle	(307) 746-2677
Sundance	(307) 290-2105
Hulett	(307) 290-2105
Upton	(307) 290-2105



The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.ht ml, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax

Individuals who are deaf, hard of hearing, or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish).

USDA is an equal opportunity provider and employer.

(202) 690-7442 or email at program.intake@usda.gov.

As stated above, all protected bases do not apply to all programs, "the first six protected bases of race, color, national origin, age, disability, and sex are the six protected bases for applicants and recipients of the Child Nutrition Programs".